### Bedtime Story for the Little Ones SCHOOL DAYS Mechanis Story for the Little Ones SCHOOL DAYS Mechanis Story DNCLE WIGGILY AND SAMMIE'S KITE,



# For Constipation! Physic Purge or Laxative?

Everyone now and then becomes constipated, and millions are chronically in that condition. The perplexing question arises -what to use.

Purgatives and cathartics are drastic and usually cause a reaction. Saline waters are rapid in action but do no more than empty the bowels.

Just as certain an effect, and certainly a much more pleasant one, can be obtained by the use of a combination of simple laxative berbs with pepsin sold by druggists under the name of Dr. Caldwell's Syrup Pepsin. It acts gently, without griping. It is an especially ideal medicine for children, women, old people and others who find purges too powerful.

Only a traspoonful is required, and by morning the movement is free and complete. A bottle in the house is insurance for the whole family against constipation, indigestion, headaches, flatulancy and other digestive illa.

The drugglet will refund your money it it tails

NO INCREASE

SYRUP DEPSIN The Perfect Laxative

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# How To Make Your Own Complexion Treatment At Home

The first work of the state of

A Frue Onthent Prescription Does Its | Thousands who have used it report the same results I have had."

### Today's Daintiest Dish By CONSTANCE CLARKE.



Beet-Root and Onion Salad.

UT into dies-shape some cold boiled beets, put these into a bowl and pour over a dressing consisting of an equal amount of olive oil and vinegar seasoned with pepper and salt, let stand for 30 minutes, then dish up on lettuce leaves arranged on individual salad plates. Garnish with scallions (spring onlons). This is a fine "good-night" salad, as the orions and lettuce are both quieting to over-wrought nerves.—(Tomorrow—Datesen)

Griddle Cakes Smaller

But Prices Unchanged

### HOROSCOPE

Thursday, Murch 28, 1918.

Thursday, Murch 28, 1918.

This is read as an unusually forarms. The morning delicacy has been tunate day, for Mercury, Venus out down to from five to two and a and Mars are all in benefic as-

out. Respects may the shrinkage is necessit in particularly anaptolous sway many in order to conserve food, but for weddings, especially when Mars say nothing about cutting the price rules the bridegroom, which means coordingly. that marriages with soldiers should

be very happy.
Actrespee will benefit through coptracts signed under this rule, which

Cont make a role without

Beauty Chats

Brains Inglicity is in a most distriction of the control of the cutile and the control of the cutile about each nail.

The professional manicure is the treatment of the cutile about each nail.

The professional manicure dither clips or pushes back, the skin that rows over the nail, and cleans awar all the pages banguages or dead skin that collects at the sides. Jeaving a pink and politiced in the postmants and in the postmants and in the collects at the sides. Jeaving a pink and politiced nail perfectly rounded, embedded in smooth flesh. The bome minicurist, unless she's clever, leaves the cuticle rowsh to consider with the collects and the sides which to consider with the collects and the sides of the country of the pail, and the sides which to consider with the collects are the sides of the collects and the collects are the collect as the sides of the collects and political collects and political collects are the sides of the collects and the collects are the sides of the collects and political collects are the sides of the collects and the collects are the sides of the collects and the collects at the sides of the collects and the collects are the sides of the collects and the collects are the sides of the collects and the collects are the sides of the collects and the collects are the sides of the collects and the sides of the collects are the sides of the collects and the sides of the collects are the sides of the collects and the sides of the collects are the sides of the collects and the sides of the collects are the sides of the collects and the sides of the collects are the sides of the collects at the sides of the collects are the sides of the collects and the sides of the collects are the sides of the collects and the sides of the collects are the sides o

Secretary of the Navy Daniels has accounted that the women knitters of this wanty are doing a real series to their contry not only in helping to growide for he man at sea, but by keeping up their girts with gits. Children, Can You Answer This One? LIL' RAY

Daily Novelette INPORMATION IN ADVANCE.



# How to Make Oatmeal Bread

## Healthful to Eat-Saves the Wheat

1 cup flour
13g cups corn meal
1 teaspoon salt
5 teaspoons Royal Baking Powder
2 tablespoons sugar

1 cup cooked oatmeal or rolled outs
2 tablespoons abortening
1½ cups milk
No eggs

Sift together flour, corn meal, salt, taking powder and sugar. Add outmest, melted shortening and milk. Bake in greated shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

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